

ABSTRACT OF THE DISCLOSURE

There are provided a thermal fixing device in which a large expensive mechanism is not needed, and a peeling member can be separated from a fixing member by a simple structure to the extent 5 possible during a fixing operation except when the need arises, and an image forming apparatus including the thermal fixing device. A contact portion coming in contact with a sheet peeled off from a heat roller and for separating a tip portion from a surface of the heat roller is integrally provided to a peeling 10 pawl for peeling the sheet having passed through between the heat roller and respective pressure rollers.